More ccomish@gmail.com New Post Design Sign Out

Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Tuesday, December 16, 2025

Emotional Support

Need emotional support? I've found the way that works for me is to do shadow work-inner child healing/self-care (inner healing) followed by compassionate service to others in the outer world (outer healing). This has an emotional healing effect as it unifies and makes one whole.

- December 16, 2025

No comments:

Post a Comment

Enter Comment

Newer Post Home Older Post

Subscribe to: Post Comments (Atom)

Sacred Archives- Chris Comish's blog

I am pleased to share 16 years of teachings from 2009 through 2025, offered now for your reflection during the years 2026 through 2035 and b...

Light body

Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

Note- The pictures are the respective property of their owners and are being posted as fair use for educational purposes only. In my experi...

Chris Comish

Founder of the City of Shamballa in 2009. Spiritual Healer and Ascension Teacher of Ray 2 Love-Wisdom. Finished Planetary Service Dharma P...

Search This Blog

Search

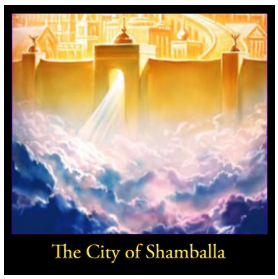
About Me

Chris Comish

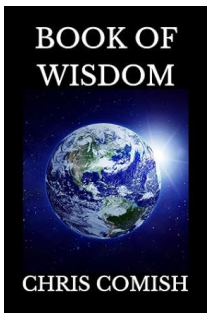
Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

View my complete profile

Links



Store



$9.99

Book of Wisdom Ebook (PDF Payhip)

Book of Wisdom (Kindle)

Book of Wisdom Ebook (Google Books)

Book of Wisdom Audiobook (Google Books)

$19.99

Book of Wisdom (Paperback)

$35.99

Book of Wisdom (Hardcover)

$9.99

Book of Healing Ebook (PDF Payhip)

Book of Healing (Kindle)

Book of Healing Ebook (Google Books)

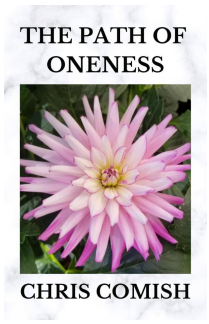
Book of Healing Audiobook (Google Books)

$19.99

Book of Healing (Paperback)

$35.99

Book of Healing (Hardcover)



$9.99

The Path of Oneness Ebook (PDF Payhip)

The Path of Oneness (Kindle)

The Path of Oneness Ebook (Google Books)

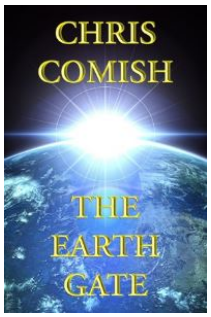
The Path of Oneness Audiobook (Google Books)

$19.99

The Path of Oneness (Paperback)

$35.99

The Path of Oneness (Hardcover)



$9.99

The Earth Gate Ebook (PDF Payhip)

The Earth Gate (Kindle)

The Earth Gate Ebook (Google Books)

The Earth Gate Audiobook (Audible)

The Earth Gate Audiobook (Google Books)

$19.99

The Earth Gate (Paperback)

$35.99

The Earth Gate (Hardcover)

$9.99

28 Powerful Reiki Attunements (PDF Payhip)

28 Powerful Reiki Attunements (Kindle)

28 Powerful Reiki Attunements Ebook (Google Books)

28 Powerful Reiki Attunements Audiobook (Google Books)

$19.99

28 Powerful Reiki Attunements (Paperback)

$35.99

28 Powerful Reiki Attunements (Hardcover)

$9.99

Eternal Spirit (PDF Payhip)

Eternal Spirit (Kindle)

Eternal Spirit Ebook (Google Books)

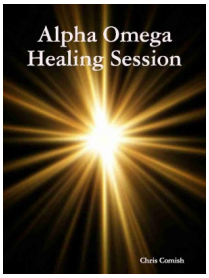
Eternal Spirit Audiobook (Google Books)

$19.99

Eternal Spirit (Paperback)

$35.99

Eternal Spirit (Hardcover)

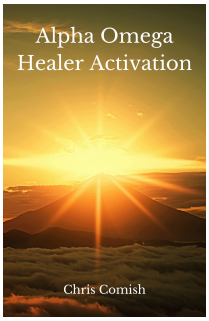


$2.99

Alpha Omega Healing Session (PDF Payhip)

Alpha Omega Healing Session (Kindle)

Alpha Omega Healing Session Ebook (Google Books)

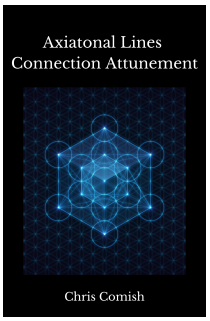


$4.99

Alpha Omega Healer Activation (PDF Payhip)

Alpha Omega Healer Activation (Kindle)

Alpha Omega Healer Activation Ebook (Google Books)



$4.99

Axiatonal Lines Connection Attunement (PDF Payhip)

Axiatonal Lines Connection Attunement (Kindle)

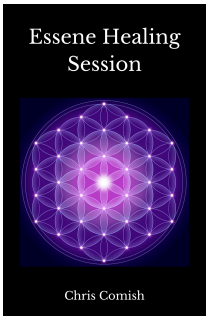
Axiatonal Lines Connection Attunement Ebook (Google Books)

$4.99

Cosmic Ray Attunements (PDF Payhip)

Cosmic Ray Attunements (Kindle)

Cosmic Ray Attunements Ebook (Google Books)

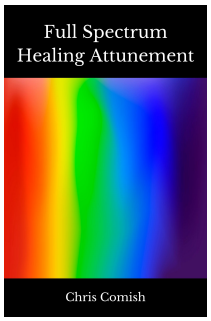


$2.99

Essene Healing Session (PDF Payhip)

Essene Healing Session (Kindle)

Essene Healing Session Ebook (Google Books)

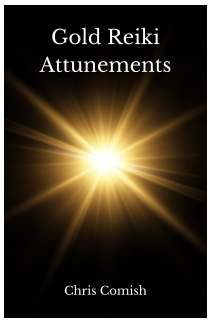


$4.99

Full Spectrum Healing Attunement (PDF Payhip)

Full Spectrum Healing Attunement (Kindle)

Full Spectrum Healing Attunement Ebook (Google Books)



$4.99

Gold Reiki Attunements (PDF Payhip)

Gold Reiki Attunements (Kindle)

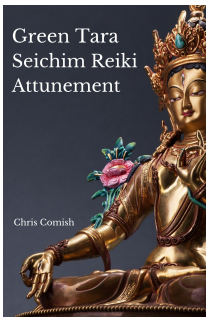
Gold Reiki Attunements Ebook (Google Books)

$4.99

Golden Ray Empowerment (PDF Payhip)

Golden Ray Empowerment (Kindle)

Golden Ray Empowerment Ebook (Google Books)

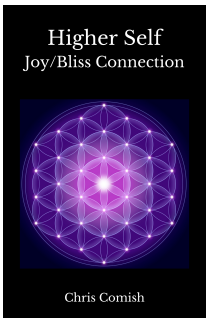


$4.99

Green Tara Seichim Reiki Attunement (PDF Payhip)

Green Tara Seichim Reiki Attunement (Kindle)

Green Tara Seichim Reiki Attunement Ebook (Google Books)

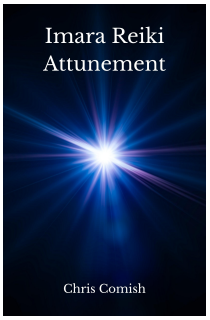


$4.99

Higher Self Joy/Bliss Connection (PDF Payhip)

Higher Self Joy/Bliss Connection (Kindle)

Higher Self Joy/Bliss Connection Ebook (Google Books)



$4.99

Imara Reiki Attunement (PDF Payhip)

Imara Reiki Attunement (Kindle)

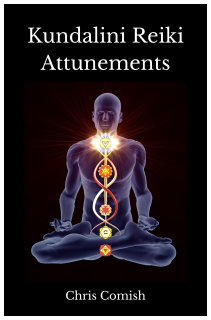
Imara Reiki Attunement Ebook (Google Books)

$4.99

Karuna Ki Reiki Attunement (PDF Payhip)

Karuna Ki Reiki Attunement (Kindle)

Karuna Ki Reiki Attunement Ebook (Google Books)

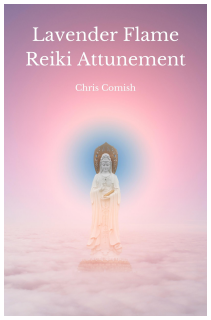


$4.99

Kundalini Reiki Attunements (PDF Payhip)

Kundalini Reiki Attunements (Kindle)

Kundalini Reiki Attunements Ebook (Google Books)

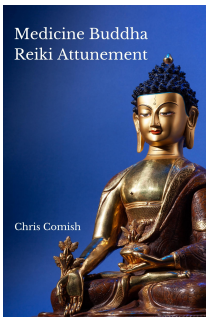


$4.99

Lavender Flame Reiki Attunement (PDF Payhip)

Lavender Flame Reiki Attunement (Kindle)

Lavender Flame Reiki Attunement Ebook (Google Books)



$4.99

Medicine Buddha Reiki Attunement (PDF Payhip)

Medicine Buddha Reiki Attunement (Kindle)

Medicine Buddha Reiki Attunement Ebook (Google Books)

Free!

Metatron Initiations (Ebook)

$4.99

New Usui Reiki Attunements (PDF Payhip)

New Usui Reiki Attunements (Kindle)

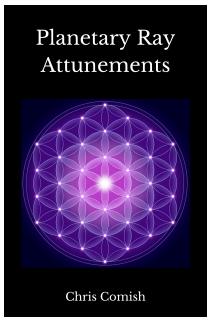
New Usui Reiki Attunements Ebook (Google Books)

$4.99

Orb of Life Attunement (PDF Payhip)

Orb of Life Attunement (Kindle)

Orb of Life Attunement Ebook (Google Books)

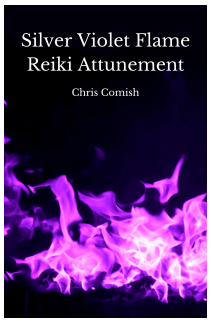


$4.99

Planetary Ray Attunements (PDF Payhip)

Planetary Ray Attunements (Kindle)

Planetary Ray Attunements Ebook (Google Books)



$4.99

Silver Violet Flame Attunement (PDF Payhip)

Silver Violet Flame Reiki Attunement (Kindle)

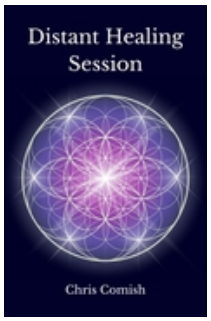
Silver Violet Flame Reiki Attunement Ebook (Google Books)

$4.99

Usui Reiki Attunements (PDF Payhip)

Usui Reiki Attunements (Kindle)

Usui Reiki Attunements Ebook (Google Books)

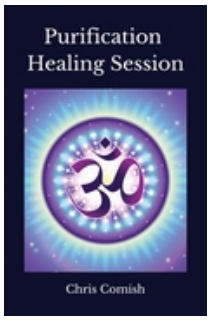


$2.99

Distant Healing Session (PDF Payhip)

Distant Healing Session (Kindle)

Distant Healing Session Ebook (Google Books)



$2.99

Purification Healing Session (PDF Payhip)

Purification Healing Session (Kindle)

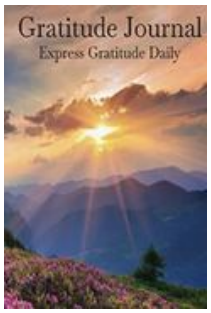
Purification Healing Session Ebook (Google Books)

$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)

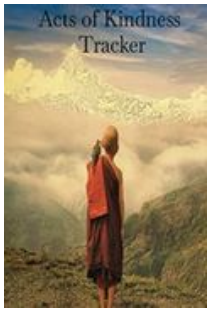


$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)



$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)

$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)

$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)

$9.99

Paperback (Amazon)

$19.99

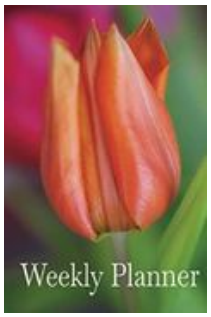
Hardcover (Amazon)

$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)



$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)

$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)

$9.99

Paperback (Amazon)

$19.99

Hardcover (Amazon)

Chris Comish's Store on Etsy

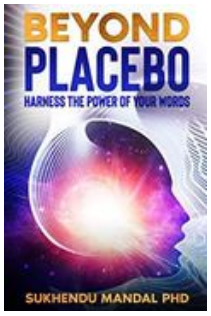
Chris Comish's Store on Payhip

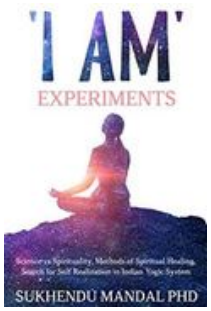
Chris Comish on Amazon

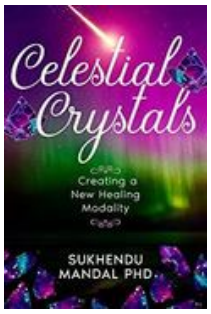
Chris Comish on Google Books

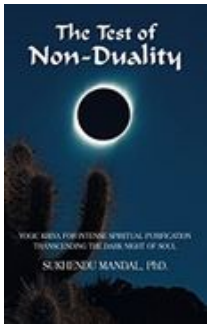
Cho Ku Rei Reiki symbol
by Chris Comish's Reiki Store

From Our Partners

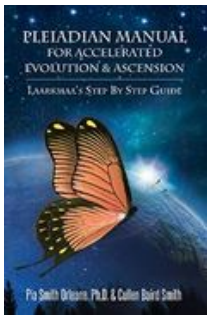


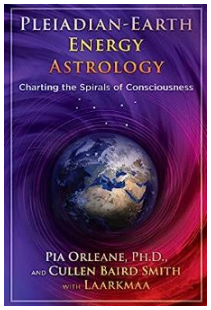


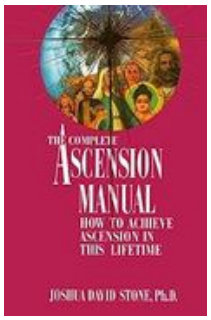


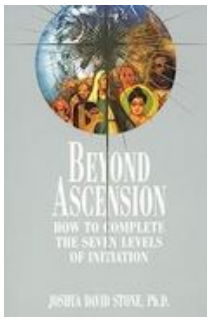


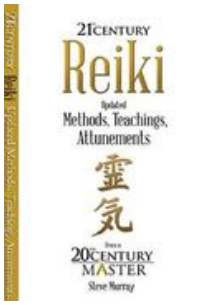
Recommended Reading



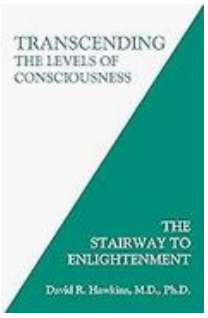

PLEIADIAN-EARTH
ENERGY
ASTROLOGY
Charting the Spirals of Consciousness
PIA ORLEANE, PH.D.,
AND CULLEN BAIRD SMITH
WITH LAARKMAA

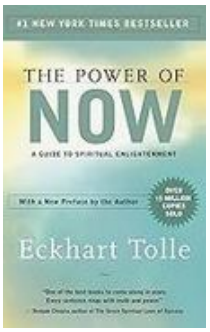

THE COMPLETE
ASCENSION
MANUAL
HOW TO ACHIEVE
ASCENSION IN
THIS LIFETIME
JOSHUA DAVID STONE, PH.D.

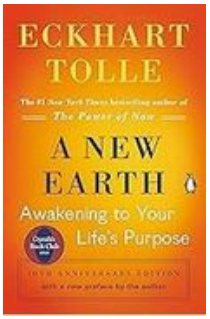

BEYOND
ASCENSION
HOW TO COMPLETE
THE SEVEN LEVELS
OF INITIATION
JOSHUA DAVID STONE, PH.D.


21CENTURY
Reiki
Updated
Methods, Teachings,
Attunements
霊
気
from a
20TH CENTURY
MASTER
Steve Murray

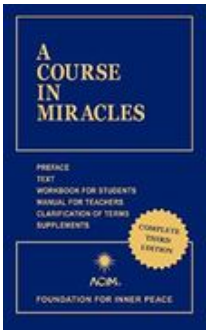
David R. Hawkins, M.D., Ph.D.
POWER
VS.
FORCE
The Hidden Determinants
of Human Behavior
Author's Official Authoritative Edition

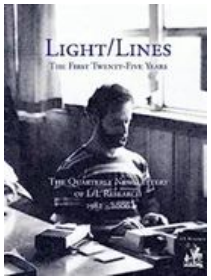

TRANSCENDING
THE LEVELS OF
CONSCIOUSNESS
THE
STAIRWAY TO
ENLIGHTENMENT
David R. Hawkins, M.D., Ph.D.


#1 NEW YORK TIMES BESTSELLER
THE POWER OF
NOW
Eckhart Tolle

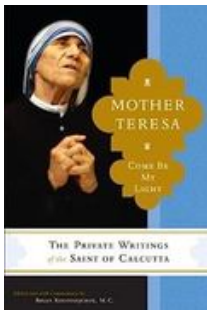

ECKHART
TOLLE
A NEW
EARTH
Awakening to Your
Life's Purpose

The
Jeshua

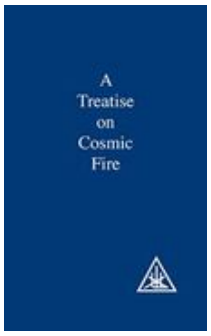

A
COURSE
IN
MIRACLES
ACIM.
FOUNDATION FOR INNER PEACE

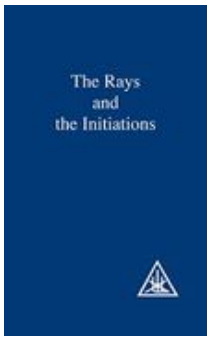

LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

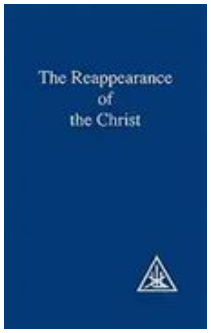
THE GENE KEYS
Embracing your higher purpose


MOTHER TERESA
COME BE MY LIGHT
THE PRIVATE WRITINGS OF THE SAINT OF CALCUTTA

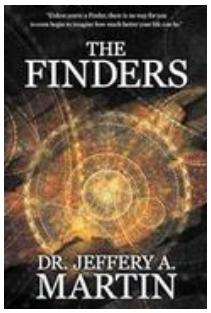
Initiation
Human and Solar

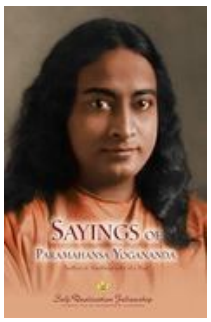

A
Treatise
on
Cosmic
Fire

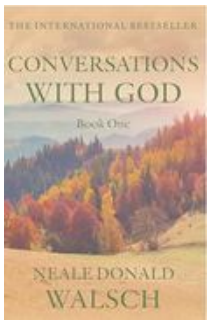

The Rays
and
the Initiations

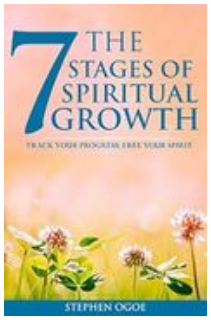

The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy

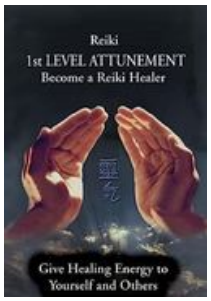

THE
FINDERS
DR. JEFFERY A.
MARTIN

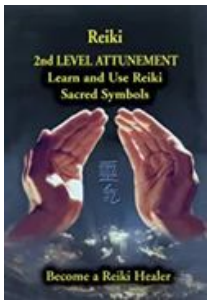

SAYINGS OF
PARAMAHANSA YOGANANDA

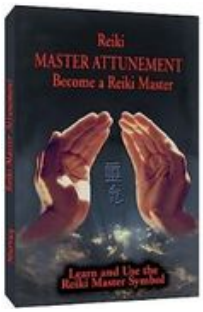

THE INTERNATIONAL BESTSELLER
CONVERSATIONS
WITH GOD
Book One
NEALE DONALD
WALSCH

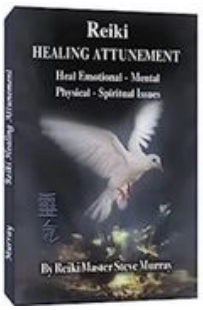


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

Blog Archive

► 2026 (7)

▼ 2025 (312)

▼ December (38)

Frequency

Happy New Year!

That Which Is Not

God is All That Is

Be the Bridge

Blended Balanced State

Observer-Server

Universal Love and Radiant Being

A Christmas Message of Love, Beauty, and Compassion

Compassion

The Empty Boat

Trinity

Blended Balance

Frequency

Love Everywhere

Wise Compassion

Other Self

Love

God

Emotional Support

The Void

Radiate

Scan Chakras with Reiki

We are the Creator

Balance

Mirrors

Unity of All Polarity

One

Wise-Compassion

STO Journal 12-6-25

Oneness

Attunements and Healing

Chakras

Master Consciousness

Universal Love and Radiant Being

12-2-25 STO Journal

Chakras

Ascension

- ► November (20)
- ► October (28)
- ► September (24)
- ► August (63)
- ► July (36)
- ► June (36)
- ► May (9)
- ► April (19)
- ► March (10)
- ► February (5)
- ► January (24)

► 2024 (77)
► 2023 (21)
► 2022 (15)
► 2021 (1)
► 2020 (1)
► 2018 (2)
► 2017 (2)
► 2016 (5)
► 2014 (1)
► 2013 (4)
► 2012 (18)
► 2011 (51)
► 2010 (19)

Labels

- 2012
- 2014
- 5D
- after life
- afterlife
- ageless wisdom
- alien
- aliens
- angels
- anger
- archangels
- ascended
- ascended masters
- ascension
- astral
- attunements
- audiobook
- black triangle
- buddha
- chakras
- challenges
- channeling
- CHI
- cho ku rei
- chris comish
- city of shamballa
- conscious
- contact
- convergence

- cosmic
- cosmic council
- creator
- criminals
- david wilcock
- divine
- earth
- ebook
- energy
- entities
- esoteric
- essene
- experience
- faith
- faith. Love
- forgiveness
- free will
- freedom from duality
- french toast
- full spectrum healing
- gate
- ghosts
- go daddy
- God
- golden age
- harmonic
- Harmonic Convergence
- healing
- heart
- higher self
- hitchhiker
- holidays
- Human Body Energy Centers
- illuminati
- invocation
- kwan yin
- lavender flame
- law of one
- lessons
- liberation
- life
- life review
- light
- link
- ll research
- logoic body
- love
- manifestation
- masters
- Mayan Prophecy
- meaning
- meditation
- member of the month
- members
- metaphysics
- movies
- Noah
- numbers
- nwo
- oneness
- Osama bin Laden

- polarity
- postage
- prayer
- protection
- purification
- purpose
- quan yin
- quotes
- reiki
- reiki attunement
- reiki key chain
- religion
- resentment
- satisfaction
- service
- session
- shamballa
- sirius
- soul
- space
- spacecraft
- spirit
- spirituality
- stamps
- teachings
- the city of shamballa
- time
- trees
- two thousand and twelve
- ufo
- unconditional love
- unity
- void
- vow
- winter solstice
- wisdom

Total Pageviews

188,526

Simple theme. Powered by Blogger.